



# Oral Health Criteria #1

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Distribute a newsletter about oral health.



**Definition:** Distribute the newsletter to teachers, parents and students. You can create your own or use one that's already made like the SWISH Newsletter. It is also acceptable to include a paragraph about oral health in each monthly newsletter disseminated through school.

## Resources

UDOH Oral Health Program [www.health.utah.gov/oralhealth](http://www.health.utah.gov/oralhealth)  
Peggy A Bowman, RDH  
801-538-6026  
[peggybowman@utah.gov](mailto:peggybowman@utah.gov)

# Assignments

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## School Coordinator Assignments

- Decide if your school will use a pre-made oral health newsletter, develop their own or insert facts about oral health in each of the school's newsletters throughout the year
- Assist in developing the newsletter or articles
- Distribute newsletter about oral health to parents, students and teachers

# Oral Health #1 Ideas

- Distribute it to teachers, students and parents. Let everyone know about oral health!
- You may use the SWISH or Mind Your Mouth Newsletter. It's already developed and waiting for you! Just call the Oral Health Program at (801) 538-9177.
- The Newsletter talks about activities teachers can do in their class, includes a dental health message, and talks about the fluoride mouth rinse.
- Don't forget! The new slogan for the Oral Health Program at the Utah Department of Health is:

## Mind Your Mouth

- Get creative and use "Mind Your Mouth" as a way to get the word out about oral health.
- If there's a need at your school, include information in Spanish. Make sure you consult with someone who speaks Spanish as a first language and is part of the Hispanic culture so the newsletter is culturally sensitive.
- Copies of previous newsletters are available from the Oral Health Program. Each February, every school in the state receives their copy of SWISH/Mind Your Mouth (We'll be renaming the SWISH newsletter to Mind Your Mouth)
- Crest sends out an application for schools to request free toothbrushes; take them up on the offer!